

Double the Level

Increase Liver

Forskolin - increases cyclic adenosine monophosphate (essential to Smarter Better learning + memory formation
Faster book
• Can combine with artichoke extract (CPE-4) enzyme that breaks down cyclic AMP.)

Bulletproof Choline Force

prevents breaking down acetylcholine

1. CDP
2. B6
3. C7
4. C8
5. C9
6. C10
7. C11
8. C12
9. C13
10. C14

Start dieting properly
Start with natural nootropics create weekly intake formula (mg)

Top 12 nootropics from Entrepreneur / Combat Veteran: Experienced.
Taken for nearly a decade - cognitive focus is on point.

Oxytocin - resuscitates brain from stress deficit OXR @ 1000mg daily

Anisacetam - amphetamine working memory with caffeine 700-1000 daily
micro dose 150 mg to reach 500 per 2 hours

Theanine - accumulates in plant (Camellia Tea) methyl + caffeine. Longer half-life
no anxiety, more potent, more wakefulness. 25-75 mg vs 25-200mg

4. Noopept Aksel Spray - Synthesized in Russia. Catecholamine improves signaling
brain drive nerve growth in ~~case~~ cerebral cortex hippocampus. Focus
motivation add distilled water for more potent effects 1 spray not to
exceed 5 sprays

5. Uridine monophosphate: powerful motivation, energy, verbal neurogenesis,
synaptogenesis, neurite outgrowth, dopamine receptors, pseudocain receptors
densities. 75-500mg around 150mg

6. CDP Choline: bioenergetics in prefrontal cortex.
75-200mg around 75mg

7. L-Tyrosine: precursor to dopamine, epinephrine, norepinephrine, thyroid
hormones. Mental alertness 200mg - 1000mg - 300 to 500mg

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